Introduction to Sleep Technologies

Consumer Sleep Technology (CST) Basics
- CSTs are standalone or wearable devices to help improve sleep or sleep hygiene.
- Devices measure inactivity and heart rate, not actual sleep.
- CSTs offer a broad picture of sleep patterns but aren’t used for medical diagnosis.

Tracking Sleep Patterns
- Wearable devices like bracelets and rings analyze your sleep.
- Apps display a sleep score and graphs of your sleep cycles.
- Common devices: Oura Ring, FitBit, Apple Watch

Monitoring Sleep Disorders
- Devices and apps can help log symptoms.
- Many are used to monitor sleep apnea and snoring.
- Common devices/apps: BelunRing, Snore Lab

Creating a Calmer Sleep Environment
- IoT technology can help control your mattress, lights, thermostat, etc.
- Some devices can also track and analyze sleep patterns.
- Common devices: Hatch Restore, QuietOn Noise Cancelling Earbuds, Withings Sleep Mat, EightSleep Cooling Mattress

Promoting Healthy Sleep Habits
- Popular apps offer sleep stories, soundscapes, white noise, nature sounds, guided meditations, and breathing exercises.